



# FAIHP

Fresno American Indian Health Project

Serving The Native Community Since 2007

SEPTEMBER 2025

#### IN THIS ISSUE:

- CEO Report ..... Page 2
- Community Highlights ..... Page 3
- Current Events..... Page 4
- Clubhouse News ..... Page 5 - 6
- Nutrition News ..... Page 7
- Family Spirit ..... Page 8
- Nurse's Corner ..... Page 9
- Native Wellness ..... Page 10
- Behavioral Health..... Page 11

Where to find us:



[www.faihp.org](http://www.faihp.org)



[@faihp\\_community](https://www.instagram.com/faihp_community)



[facebook.com/fresnofaihp](https://facebook.com/fresnofaihp)





# CEO REPORT

Selina De La Peña, CEO Fresno  
American Indian Health Project

## Celebrating Leadership and Representation Greetings FAIHP Community,

I am honored to share exciting news that highlights the strength and leadership within our community.

I would like to recognize the remarkable efforts of our Youth Council, who have stepped up to advocate for the right to wear cultural adornments during graduation, a powerful stand for both educational equity and cultural identity. These young leaders have used their voices with courage, clarity, and purpose—bringing attention to challenges that often go unspoken, and pushing for meaningful change. Their advocacy and support of others reflect not only a deep sense of responsibility, but also a powerful vision for a better future. At FAIHP, we are incredibly proud of these youth and all they are accomplishing. Their leadership is a testament to the strength of their families and community who guide them.



We are also proud to announce that our Board Member, Janet K. Bill, has been appointed as the new Director for the Office of Native American Affairs at the California Department of Justice. Janet's leadership, experience, and lifelong commitment to advancing Native communities make her an outstanding choice for this role. Her appointment represents a powerful step toward ensuring that Native voices and perspectives are represented at the highest levels of justice in our state.

We are excited to announce that on November 19, 2025, from 10:00 a.m. to 1:00 p.m., FAIHP will host an Open House to celebrate the completion of Phase 1 of our Native Wellness and Youth Services construction. This milestone highlights our dedication to expanding services and creating spaces for wellness, healing, and cultural connection.

These achievements reflect the resilience, strength, and cultural pride of our community. We honor our Youth Council's advocacy, Janet's leadership, and look forward to the future ahead.



In Community and Partnership,  
Selina

# COMMUNITY HIGHLIGHTS

Introducing...



## Spirit Runner!

FAIHP is proud to introduce our newest community resource—Spirit Runner! Named by Board Member Audrey Osborne, Spirit Runner honors the many relatives this mobile food distribution unit will serve.

We also recognize the artist behind Spirit Runner, Jade Torres. Once a Clubhouse youth participant and now an adult, Jade devoted countless hours to capturing the spirit of FAIHP through her artwork. We thank her for her dedication and generosity.

Spirit Runner's mission is to expand access to fresh fruits and vegetables. Distributions will take place three times each month—twice on the road and once at FAIHP.

We thank our partners at Save the Children, as well as Assemblymember Dr. Joaquin Arambula, Senator Alex Padilla, and Assemblymember David Tangipa for supporting our vision.

As Spirit Runner travels through Fresno, please send good thoughts and prayers for our staff and the community we serve.

# CURRENT EVENTS

## ACTIVITIES

| Event                            | Date & Time                         |
|----------------------------------|-------------------------------------|
| Nutrition & Wellness Class ..... | Sept. 18 <sup>th</sup> Noon - 2p    |
| Youth Advocacy Training .....    | Sept. 20 <sup>th</sup> - 9:30-1:30p |
| Talking 2Spirit .....            | Sept. 26 <sup>th</sup> - 5-7:30p    |

## WEEKLY SCHEDULE

| Monday                                                                                           | Tuesday                                                                                | Wednesday                                                                                                                                           | Thursday                                                                                                                                                                    | Friday                                                                                              |
|--------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>Walking and Wellness Manchester Mall 11am-12pm</li> </ul> | <ul style="list-style-type: none"> <li>Beading at FAIHP Suite 121 at 5:30pm</li> </ul> | <ul style="list-style-type: none"> <li>3pm Tai Chi</li> <li>12 pm Phoenix Group (1st and last Wed monthly)</li> <li>5:30pm Sacred Circle</li> </ul> | <ul style="list-style-type: none"> <li>12-2pm WISE Elder Support Group (2nd and 4th Thursday)</li> <li>3-5pm Men's Talking Circle</li> <li>5-7:30pm Vinyasa Yoga</li> </ul> | <ul style="list-style-type: none"> <li>10am Tai Chi</li> <li>12pm-1pm Wellbriety Meeting</li> </ul> |

## UPCOMING EVENTS

| Event                                              | Date & Time                  |
|----------------------------------------------------|------------------------------|
| Seeds of Memory: FAIHP Suicide Vigil               | Sept. 21 <sup>st</sup> 1-3p  |
| Gathering of Seasons                               | Sept. 27 <sup>th</sup> 9a-5p |
| 6 <sup>th</sup> Annual Native Days Car & Bike Show | Nov. 15 <sup>th</sup> 10a-4p |

## Community Advisory Committee

FAIHP's Community Advisory Committee originated in 2012 and is made of up Native parents, elders, community members, and supporters. Meetings are held regularly on the third Monday of the month via zoom and in person from 5:30 - 7:30 pm. The CAC's goal is to provide feedback & ensure the delivery of culturally appropriate services to the American Indian Alaska Native residents of Fresno and its surrounding communities.

If you are interested in getting involved, contact Ruben Garcia at [@rgarcia@faihp.org](mailto:rgarcia@faihp.org).





# CLUBHOUSE NEWS

*In August*

, we made the most of the final weeks of summer vacation by spending time with our youth in fun and meaningful ways. Together, we enjoyed outings to the movies and the skating rink, giving everyone a chance to relax and celebrate before the busy school year began. As summer came to a close, we also turned our focus to back-to-school readiness. Clubhouse proudly hosted our annual backpack giveaway, where 108 backpacks filled with supplies were received by students to help them start the year off strong.

Before school began, a group of youth had the opportunity to attend the California Indian Education Conference. At AIEC, they learned about respect through the grandfather teaching, an important reminder of cultural values that guide us. The Red Warrior Project also joined our activities by hosting an exciting fashion challenge that gave the youth a chance to showcase creativity and confidence.

Our Native American Young Adult Committee spent time together with a community movie night, watching Rez Ball, while the Talking Two Spirit group shared in making clapsticks, adding to cultural learning and connection.

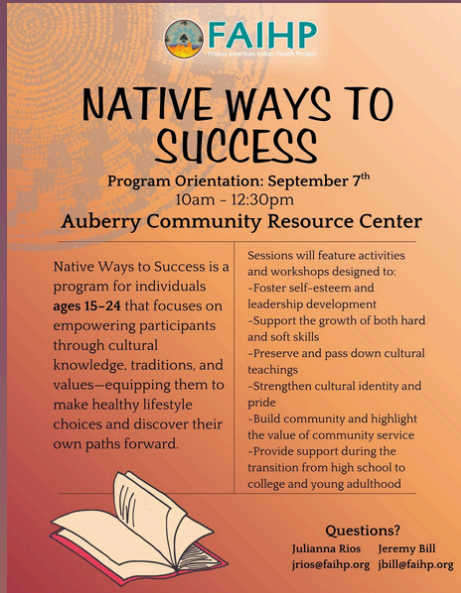
Summer has now passed, the holidays are approaching, and Clubhouse looks forward with excitement to everything the rest of the year will bring.



# YOUTH SERVICES

## Upcoming Events

*Native Ways To Success  
September 7th*



**FAIHP**  
Fresno American Indian Health Project

### NATIVE WAYS TO SUCCESS

Program Orientation: September 7<sup>th</sup>  
10am - 12:30pm  
Auberry Community Resource Center

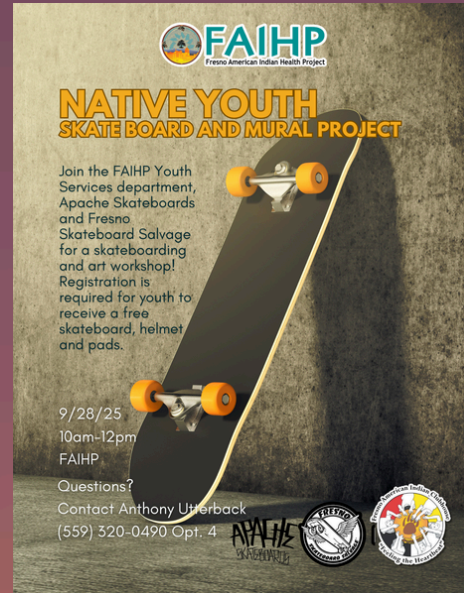
Native Ways to Success is a program for individuals **ages 15-24** that focuses on empowering participants through cultural knowledge, traditions, and values—equipping them to make healthy lifestyle choices and discover their own paths forward.

Sessions will feature activities and workshops designed to:

- Foster self-esteem and leadership development
- Support the growth of both hard and soft skills
- Preserve and pass down cultural teachings
- Strengthen cultural identity and pride
- Build community and highlight the value of community service
- Provide support during the transition from high school to college and young adulthood

Questions?  
Julianna Rios    Jeremy Bill  
jrios@faihp.org    jbill@faihp.org

*Native Youth Skateboard  
and Art Mural Project  
September 28<sup>th</sup>*



**FAIHP**  
Fresno American Indian Health Project

### NATIVE YOUTH SKATE BOARD AND MURAL PROJECT

Join the FAIHP Youth Services department, Apache Skateboards and Fresno Skateboard Salvage for a skateboarding and art workshop! Registration is required for youth to receive a free skateboard, helmet and pads.

9/28/25  
10am-12pm  
FAIHP

Questions?  
Contact Anthony Uterback  
(559) 320-0490 Opt. 4

*Seeds of Memory:  
A Native American Suicide  
Awareness Vigil  
September 21st*



**FAIHP**  
Fresno American Indian Health Project

### SEEDS OF MEMORY

FAIHP COMMUNITY GARDEN  
1937 N. Winery Ave, Fresno Ca

September 21st  
1pm-3pm

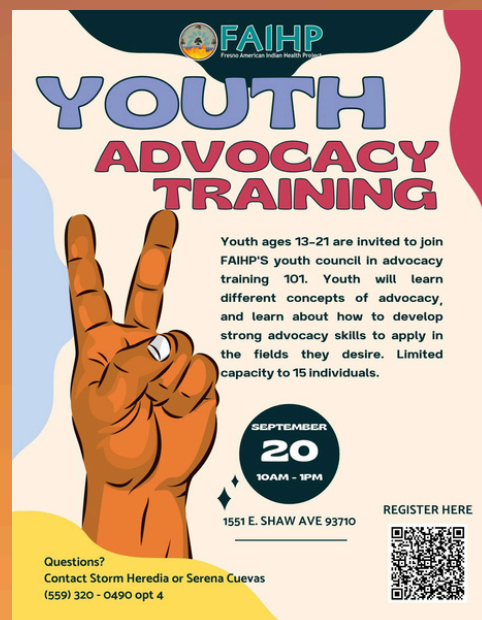
A Native American Suicide Awareness Vigil

This gathering is open to all, whether you're grieving, supporting a loved one, or standing for suicide prevention in our Native community.

Scan the QR code or click the link to register.

Questions?  
Contact Serena Cuevas  
(559)320-0490 Opt. 4

*Youth Advocacy Training  
September 20<sup>th</sup>*



**FAIHP**  
Fresno American Indian Health Project

### YOUTH ADVOCACY TRAINING

Youth ages 13-21 are invited to join FAIHP'S youth council in advocacy training 101. Youth will learn different concepts of advocacy, and learn about how to develop strong advocacy skills to apply in the fields they desire. Limited capacity to 15 individuals.

SEPTEMBER 20  
10AM - 1PM

1551 E. SHAW AVE 93710

REGISTER HERE

Questions?  
Contact Storm Heredia or Serena Cuevas  
(559) 320 - 0490 opt 4



## Home Blood Sugar Monitoring

What was your last blood sugar reading? How has the last week been for you? Knowing your blood sugar is key to managing Diabetes and staying healthy. Home blood sugar monitoring makes it easier than ever to track these important levels and see how your daily choices are impacting your health!

### Why is it Important to test my blood sugar level?

Checking your blood sugar can help you make informed decisions about your daily Diabetes care. It's important to know your target range so you can understand what the reading means. For example, is your blood sugar level high or low or are they, just right? You can also see how well your medicine is working by identifying if your blood sugar levels are too high or too low.

It's more than the food you eat and many different things can affect your blood sugar. For instance, physical activity, stress, and illness. What you eat has the biggest impact so it's important to time your meals – understand what type of food you are eating – and pay attention to how much food and drinks you are consuming. These examples can all have an impact on your blood sugar!

### Checking Blood Sugar & Your Care Plan

Try to measure blood sugar at scheduled times during the day. Consider checking when your first wake up. This is called a Fasting Blood Sugar. You can also check two hours after any meal or at bedtime. Because testing requirements may vary for each person, discuss a good schedule your healthcare provider. Specifically ask how often and when you should be monitoring your blood sugar.

Always log your blood sugar numbers. Recording them helps you identify patterns of how well you are doing in controlling them. Track your numbers and try to understand what might be causing them to go up or down. Make informed adjustments to your eating and physical activity habits to help keep your levels in target range. Finally, please share the results with your Diabetes Care Team. This information can help create the best possible treatment plan tailored specifically for you!

#### REFERENCES:

Indian Health Service. (2003) Balancing Your Life and Diabetes [Curriculum] Albuquerque, New Mexico

IHS Division of Diabetes Treatment and Prevention. (2017). Checking Your Blood Sugar | Glycemic Control. Division of Diabetes Treatment and Prevention. <https://www.ihs.gov/diabetes/education-materials-and-resources/diabetes-topics/glycemic-control/checking-your-blood-sugar/>

# FAMILY SPIRIT

## Family Planning

Family planning makes it more likely people can have their desired number of children and helps them determine the spacing between pregnancies. It also helps people prevent pregnancy through a variety of contraceptive (birth control) methods and services. Family planning services contribute to improved health outcomes not only for women but also for infants, children, and families. The goal of the Family is to improve pregnancy planning and prevent unintended pregnancy.

### Key Factors to Consider

Family planning is an essential discussion for couples. It helps them decide how many children to have and when the right time is to grow their family. Careful planning ensures that parents are financially, emotionally, and physically prepared for the responsibilities of raising a child. Here are some key factors to consider:

- **Financial Readiness**
  - Planning ahead can help reduce financial stress and provide stability for the family.
- **Education & Career Goals**
  - Young parents may consider finishing school or securing a stable job before having children, as balancing both can be challenging.
- **Health Considerations**
  - Spacing pregnancies allows the body to recover and lowers health risks.
  - Proper spacing also increases the chances of having a healthy, full-term baby.
- **Time with the First Child**
  - Waiting before having another child allows parents to focus on their first child's growth and development.
- **Responsibilities and Readiness**
  - Both partners need to be emotionally ready to take on the responsibility of parenting.
  - Communication is key-both partners should be on the same page before making a big decision.

#### HAVE QUESTIONS?

The Family Spirit Program at FAIHP is here to help. This is a program for pregnant women and parents /caregivers of Native children under the age of 3 years. To learn more please call FAIHP at (559) 320-0490 to speak to our Health Educator.

#### REFERENCES: JOHNS HOPKINS CENTER FOR AMERICAN INDIAN HEALTH. FAMILY SPIRIT PROGRAM.

<https://odphp.health.gov/healthypeople/about/workgroups/family-planning-workgroup>



# NURSE'S CORNER

## Infection Control & Prevention

Infection prevention and control helps stop the spread of germs. Here are key tips on how infections spread and ways to prevent them.

### How Infections Spread

Germs are everywhere—in air, soil, water, and on our bodies. While many are harmless or even helpful, a small portion cause infection.

### How Infections Occur

Infection happens when germs enter the body, multiply, and trigger a reaction.

Three things are needed:

- Source: Where germs live (e.g., sinks, surfaces, skin).
- Susceptible Person: A way for germs to enter (those with weakened immunity are more at risk).
- Transmission: How germs move

## Protecting Yourself & Your Family

**Hand Hygiene:** Washing hands is one of the best ways to stay healthy and prevent respiratory infections. Use sanitizer if soap and water aren't available. Germs spread through people and surfaces, so wash at these key times:

- Before, during, and after preparing or eating food
- Before/after caring for someone sick or treating wounds
- After using the restroom, changing diapers, or cleaning a child
- After blowing your nose, coughing, or sneezing
- After touching animals, pet food, or waste

### How to Wash Hands

1. Wet hands with clean running water and apply soap.
2. Lather fronts, backs, between fingers, and under nails.
3. Scrub for at least 20 seconds (hum "Happy Birthday" twice).
4. Rinse well under clean water.
5. Dry with a clean towel or air dryer.

# NATIVE WELLNESS

## Domestic Violence Awareness Month

Everyday is a time to remember those lost to abuse, support survivors, and focus on awareness and prevention.

### What is Domestic Violence?

Domestic violence is a pattern of abusive behavior used to gain power and control in any domestic situation, including relationships with partners, family, or roommates. Abuse can be physical, sexual, emotional, psychological, economic, technological, or stalking. It also includes child maltreatment, elder abuse, dating violence, and intimate partner violence.

### Key Facts in Native Communities

- High Rates of Victimization:
  - Over 4 in 5 Native women (84.3%) have experienced violence.
  - More than half have experienced sexual (56.1%) or physical violence by a partner (55.5%).
  - Over 81% of Native men report lifetime victimization.
- Impacts of Violence:
  - Native women often face safety concerns, injuries, and lack of access to needed services—49% could not get help.
  - Native children exposed to violence experience PTSD at three times the national rate.
- Jurisdictional Challenges:
  - Tribal nations often lack authority to prosecute non-Native perpetrators, leaving gaps in justice.

### Resources & Support

- StrongHearts Native Helpline: 1-844-7NATIVE (762-8483) | [strongheartshelpline.org](https://strongheartshelpline.org)
- Marjaree Mason Center: 559-233-HELP (4357)
- National DV Hotline: 1-800-799-SAFE (7233)
- Native Organizations: NIWRC, AKNWRC, ILRC, and UIHI provide leadership and culturally grounded support.

### Upcoming Events

- Teen Dating Violence Prevention Event: Oct. 11, Dave & Buster's, 1–5 pm
- Healing Together Women's Conference: Nov. 21, details TBA



# BEHAVIORAL HEALTH

## Nurturing Healing Through Play

Play is the universal language of childhood, shaping how children explore, learn, and communicate. For those who have experienced trauma, play holds transformative power. Play therapy offers a safe space to process emotions, regain control, and rebuild positive connections.

### Childhood Trauma

Trauma can result from accidents, disasters, abuse, or loss. These experiences disrupt safety and security, often leading to anxiety, withdrawal, emotional outbursts, and difficulties forming healthy relationships.

### Principles of Play Therapy

#### RECOGNIZING SENSORY NEEDS

Children with trauma may have heightened sensory sensitivities. Calming textures, colors, and lighting create environments that promote relaxation and emotional regulation.

#### MUSIC AND MOVEMENT

Music and dance engage multiple senses for expression. Calming music can create a safe atmosphere, while energetic movement helps release tension and channel emotions positively.

#### ART AND CREATIVITY

Arts and crafts help children express emotions when words fail. Using paint, crayons, or playdough, they can process thoughts, fears, and hopes through their creations.

#### PLAY THERAPY TOYS

Sand trays, Legos, puppets, and dolls provide symbolic outlets. A miniature world built with toys can reflect emotions, while figurines allow children to narrate their stories through characters.

#### FLEXIBILITY AND PATIENCE

Play therapy requires patience and adaptability. Responses vary by child and circumstance. If distress arises, offering comfort and space is vital. Different techniques resonate with different children, making attentiveness and respect essential.

Play therapy, rooted in creativity, patience, and safety, nurtures healing by allowing children to explore emotions and restore balance through the power of play.

Fresno American Indian Health Project  
1551 E Shaw Ave, Suite 103  
Fresno, CA 93710

#### DONATION OPPORTUNITY

FAIHP is a nonprofit 501(c)3 organization and depends on support from the community. All donations are tax-deductible. If you or an individual or business you know would like to make a contribution they may do so by check or electronically.



Please make all checks payable to:  
Fresno American Indian Health Project  
1551 E. Shaw Avenue, Suite 103, Fresno CA 93710

#### SERVICES

- Medical Appointments
- Health Screenings
- Behavioral Health Services
- Alcohol & Drug Prevention
- Health Education Classes
- Case Management
- Transportation
- Health Referrals
- Youth After School Program
- Nutrition Counseling

#### BOARD OF DIRECTORS

Pam Coronado - Chair

Ralph Vigil - Vice Chair

Janet Bill - Secretary

Dr. Leece Lee Oliver - Board Member

Bobby Von Martin - Board Member

Audrey Osborne - Board Member

Learn more about the board

at [www.faihp.org/about-us/board-of-directors](http://www.faihp.org/about-us/board-of-directors)

The Board of Directors meets the 4th Tuesday of every month, at 5:30pm.

If you'd like to attend the board meeting, contact Kylie Sherman at [ksherman@faihp.org](mailto:ksherman@faihp.org) or by calling 559-320-0490.

The Fresno American Indian Health Project is a culturally sensitive health access and advocacy program designed to enhance the health and well being of the American Indian community in the City of Fresno, CA. The Health Project provides public health services and access to free & low cost quality health care. The primary program services are medical, behavioral health, comprehensive case management, public health nursing, providing health services and prevention education.